

Introduction

Gordon's Functional Health Patterns is a method developed by Marjorie Gordon in 1987 proposed functional health patterns as a guide for establishing a comprehensive nursing data base. By using these categories it's possible to create a systematic and standardized approach to data collection, and enable the nurse to determine the following aspects of health and human function:

<https://irmanweb.wordpress.com/2011/03/11/nursing-diagnosis-and-11-gordons-functional-health-patterns/>

Gordon's Functional Health Patterns

1. Health Perception Health Management Pattern
2. Nutritional Metabolic Pattern
3. Elimination Pattern
4. Activity Exercise Pattern
5. Sleep Rest Pattern
6. Cognitive-Perceptual Pattern
7. Self-Perception-Self-Concept Pattern
8. Role-Relationship Pattern
9. Sexuality-Reproductive
10. Coping-Stress Tolerance Pattern
11. Value-Belief Pattern

Health Perception & Health Management

Focused on the person's perceived level of health and well-being, and on practices for maintaining health. Also evaluated Habits including smoking and alcohol or drug use.

- Contamination
- Disturbed energy field
- Effective therapeutic regimen management
- Health-seeking behaviors (specify)
- Ineffective community therapeutic regimen management
- Ineffective family therapeutic regimen management
- Ineffective health maintenance
- Ineffective protection

Health Perception & Health Management (cont)

- Ineffective therapeutic regimen management
- Noncompliance (ineffective Adherence)
- Readiness for enhanced immunization status
- Readiness for enhanced therapeutic regimen management
- Risk for contamination
- Risk for infection
- Risk for injury
- Risk for perioperative positioning injury
- Risk for poisoning
- Risk for sudden infant death syndrome
- Risk for suffocation
- Risk for trauma
- Risk-prone health behavior

Nutritional Metabolic Pattern

It's focused on the pattern of food and fluid consumption relative to metabolic need. Is evaluated the adequacy of local nutrient supplies. Actual or potential problems related to fluid balance, tissue integrity, and host defenses may be identified as well as problems with the gastrointestinal system.

- Adult failure to thrive
- Deficient fluid volume: [isotonic]
- [Deficient fluid volume: hyper/hypotonic]
- Effective breastfeeding [Learning Need]
- Excess fluid volume
- Hyperthermia
- Hypothermia
- Imbalanced nutrition: more than body requirements
- Imbalanced nutrition: less than body requirements
- Imbalanced nutrition: risk for more than body requirements
- Impaired dentition
- Impaired oral mucous membrane
- Impaired skin integrity
- Impaired swallowing
- Impaired tissue integrity

Nutritional Metabolic Pattern (cont)

- Ineffective breastfeeding
- Ineffective infant feeding pattern
- Ineffective thermoregulation
- Interrupted breastfeeding
- Latex allergy response
- Nausea
- Readiness for enhanced fluid balance
- Readiness for enhanced nutrition
- Risk for aspiration
- Risk for deficient fluid volume
- Risk for imbalanced fluid volume
- Risk for imbalanced body temperature
- Risk for impaired liver function
- Risk for impaired skin integrity
- Risk for latex allergy response
- Risk for unstable blood glucose

Elimination Pattern

It's focused on excretory patterns (bowel, bladder, skin).

- Bowel incontinence
- Constipation
- Diarrhea
- Functional urinary incontinence
- Impaired urinary elimination
- Overflow urinary incontinence
- Perceived constipation
- Readiness for enhanced urinary elimination,
- Reflex urinary incontinence
- Risk for constipation
- Risk for urge urinary incontinence
- Stress urinary incontinence
- Total urinary incontinence
- Urge urinary incontinence
- [acute/chronic] Urinary retention



Activity and Exercise Pattern

It's focused on the activities of daily living requiring energy expenditure, including self-care activities, exercise, and leisure activities.

Activity intolerance
 Autonomic dysreflexia
 Decreased cardiac output
 Decreased intracranial adaptive capacity
 Deficient diversional activity
 Delayed growth and development
 Delayed surgical recovery
 Disorganized infant behavior
 Dysfunctional ventilatory weaning response
 Fatigue
 Impaired spontaneous ventilation
 Impaired bed mobility
 Impaired gas exchange
 Impaired home maintenance
 Impaired physical mobility
 Impaired transfer ability
 Impaired walking
 Impaired wheelchair mobility
 Ineffective airway clearance
 Ineffective breathing pattern
 Ineffective tissue perfusion
 Readiness for enhanced organized infant behavior
 Readiness for enhanced self care
 Risk for delayed development
 Risk for disorganized infant behavior
 Risk for disproportionate growth
 Risk for activity intolerance
 Risk for autonomic dysreflexia
 Risk for disuse syndrome
 Sedentary lifestyle
 Self-care deficit
 Wandering

Cognitive-Perceptual Pattern

It's focused on the ability to comprehend and use information and on the sensory functions. Neurologic functions, Sensory experiences such as pain and altered sensory input.

Acute confusion
 Acute pain
 Chronic confusion
 Chronic pain
 Decisional conflict
 Deficient knowledge
 Disturbed sensory perception
 Disturbed thought processes
 Impaired environmental interpretation syndrome
 Impaired memory
 Readiness for enhanced comfort
 Readiness for enhanced decision making
 Readiness for enhanced knowledge
 Risk for acute confusion
 Unilateral neglect

Sleep Rest Pattern

It's focused on the person's sleep, rest, and relaxation practices. To identified dysfunctional sleep patterns, fatigue, and responses to sleep deprivation.

Insomnia
 Readiness for enhanced sleep
 Sleep deprivation

Self-Perception-Self-Concept Pattern

its focused on the person's attitudes toward self, including identity, body image, and sense of self-worth.

Anxiety
 disturbed Body image
 Chronic low self-esteem
 Death anxiety
 Disturbed personal identity
 Fear

Self-Perception-Self-Concept Pattern (cont)

Hopelessness
 Powerlessness
 Readiness for enhanced hope
 Readiness for enhanced power
 Readiness for enhanced self-concept
 Risk for compromised human dignity
 Risk for loneliness
 Risk for powerlessness
 Risk for situational low self-esteem
 Risk for [/actual] other-directed violence
 Risk for [actual/] self-directed violence
 Situational low self-esteem

Role-Relationship Pattern

It's focused on the person's roles in the world and relationships with others.
 Evaluated Satisfaction with roles, role strain, or dysfunctional relationships.
 Caregiver role strain
 Chronic sorrow
 Complicated grieving
 Dysfunctional family processes: alcoholism (substance abuse)
 Grieving
 Impaired social interaction
 Impaired verbal communication
 Ineffective role performance
 Interrupted family processes
 Parental role conflict
 Readiness for enhanced communication
 Readiness for enhanced family processes
 Readiness for enhanced parenting
 Relocation stress syndrome
 Risk for caregiver role strain
 Risk for complicated grieving
 Risk for impaired parent/infant/child attachment
 Risk for relocation stress syndrome
 Social isolation



Sexuality and Reproduction

It's focused on the person's satisfaction or dissatisfaction with sexuality patterns and reproductive functions.

Ineffective sexuality patterns

Rape-trauma syndrome

Sexual dysfunction

Coping-Stress Tolerance Pattern

its focused on the person's perception of stress and coping strategies

Support systems, evaluated symptoms of stress, effectiveness of a person's coping strategies.

Compromised family coping

Defensive coping

Disabled family coping

Impaired adjustment

Ineffective community coping

Ineffective coping

Ineffective denial

Post-trauma syndrome

Readiness for enhanced community coping

Readiness for enhanced coping

Readiness for enhanced family coping

Risk for self-mutilation

Risk for suicide

Risk for post-trauma syndrome

Self-mutilation

Stress overload

Value-Belief Pattern

it's focused on the person's values and beliefs.

Impaired religiosity

Moral distress

Readiness for enhanced religiosity

Readiness for enhanced spiritual well-being

Risk for impaired religiosity

Risk for spiritual distress

Spiritual distress

